

# Seminars at a glance

Thursday, November 21, 2013

<p><b>8:00 a.m.–9:30 a.m.</b></p>	<p><b>■ PDW, L</b> A 10-year retrospective of wellness research</p> <p><i>Cornelia C. Hodgson, C.C. Hodgson Architectural Group, LLC</i></p>	<p><b>■ TW, L</b> Building bridges: rehab and wellness partnering for successful outcomes</p> <p><i>Jennifer Sidelinker and Rebecca Tarbert, Genesis Rehab Services</i></p>	<p><b>■ BF, L</b> Socialization is the treatment for dementia—how to create winning programs</p> <p><i>David Troxel, Consultant; Marge Coalman, Touchmark</i></p>
<p><b>9:45 a.m.–11:15 a.m.</b></p>	<p><b>■ ML, L</b> The ROI of wellness</p> <p><i>A panel of senior executives</i></p>	<p><b>■ MS, L</b> Rebranding Aging III—mastering ageless communications</p> <p><i>Richard Ambrosius, Positive Aging; David Weigelt, Immersion Active; Helen Foster, Foster Strategy, LLC</i></p>	<p><b>■ BF, L</b> The future of brain health: What’s next in cognitive fitness?</p> <p><i>Cynthia Green, Memory Arts, LLC</i></p>
<p><b>11:30 a.m.–12:45 p.m.</b></p>	<p><b>KEYNOTE</b> <i>Ken Dychtwald</i></p>	<p><b>KEYNOTE</b> <i>Ken Dychtwald</i></p>	<p><b>KEYNOTE</b> <i>Ken Dychtwald</i></p>
<p><b>1:00 p.m.–6:00 p.m.</b></p>	<p><b>TRADE SHOW GRAND OPENING</b></p>	<p><b>TRADE SHOW GRAND OPENING</b></p>	<p><b>TRADE SHOW GRAND OPENING</b></p>
<p><b>2:45 p.m.–4:15 p.m.</b></p>	<p><b>■ ML, L</b> Practical design considerations for an active-aging wellness center</p> <p><i>Craig Bouck, Barker Rinker Seacat Architecture</i></p>	<p><b>■ PDW, L</b> Employee wellness in your workplace</p> <p><i>Caley Kratz, Mercy Ridge Retirement Community; Vivian Smith, Vantage House</i></p>	<p><b>■ R, L</b> Successful aging through proper nutrition</p> <p><i>Darin Leonardson, Golden Living; Shannon Smith, Golden LivingCenters Indiana/Ohio</i></p>
<p><b>4:30 p.m.–6:00 p.m.</b></p>	<p><b>KEYNOTE</b> <i>Henry Lodge (includes presentation of ICAA Innovators Awards)</i></p>  <p><b>Brought to you by Atria Senior Living</b></p>	<p><b>KEYNOTE</b> <i>Henry Lodge (includes presentation of ICAA Innovators Awards)</i></p>  <p><b>Brought to you by Atria Senior Living</b></p>	<p><b>KEYNOTE</b> <i>Henry Lodge (includes presentation of ICAA Innovators Awards)</i></p>  <p><b>Brought to you by Atria Senior Living</b></p>
<p><b>8:00 p.m.–11:00 p.m.</b></p>	<p><b>AB RECEPTION</b> Stingaree</p>	<p><b>AB RECEPTION</b> Stingaree</p>	<p><b>AB RECEPTION</b> Stingaree</p>

<b>COLOR KEY FOR TOPIC AREAS</b>	<span style="color: red;">■</span> B	Balance	<span style="color: purple;">■</span> OP	Outdoor programs	<b>L Lecture</b> <b>LI Lecture/Interactive</b>
	<span style="color: green;">■</span> BF	Brain fitness	<span style="color: teal;">■</span> PDW	Program design for wellness	
	<span style="color: blue;">■</span> ML	Management and leadership	<span style="color: brown;">■</span> R	Research	
	<span style="color: orange;">■</span> MS	Marketing and sales	<span style="color: gold;">■</span> TW	Therapy to wellness	

<span style="color: teal;">■</span> <b>PDW, L</b> The journey from ordinary to extraordinary: program evaluation and implementation  <i>Roxy Kline, YMCA of the Greater Twin Cities</i>	<span style="color: teal;">■</span> <b>PDW, L</b> Exercise walking REALLY DOES improve quality of life–v2.0  <i>Robert Thompson, Institute for Preventive Foot Health; Tracey Harvey, GenCare Lifestyle</i>	<span style="color: red;">■</span> <b>B, LI</b> Tai chi exercises for postural reeducation, gait training and balance  <i>Faith Overton, Tri City Wellness Center; Troyce Thome, Tai Chi for Health</i>	
<span style="color: blue;">■</span> <b>ML, L</b> Motivating the motivator  <i>Stacey Belt, Atria Senior Living</i>	<span style="color: teal;">■</span> <b>PDW, L</b> Resident engagement: anatomy of successful programming  <i>Tamara Sawicz and Andrea Agazim, Vi Senior Living</i>	<span style="color: teal;">■</span> <b>PDW, LI</b> Strong seniors strengthening and stretching while seated program  <i>Maureen Hagan, GoodLife Fitness</i>	<span style="color: purple;">■</span> <b>OP, LI</b> Walk tall–not small–with poles  <i>Peggy Buchanan, Vista del Monte</i>
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<span style="color: teal;">■</span> <b>PDW, L</b> Bringing outdoors inside: eco-living in residential senior living  <i>Tamberly Mott, Atria Senior Living</i>	<span style="color: green;">■</span> <b>BF, L</b> iPads to paper and pencil: many, many ideas and ready-to-use resources for cognitive stimulation programs  <i>Robert Winningham, Western Oregon University</i>	<span style="color: teal;">■</span> <b>PDW, LI</b> Become a sensation scientist through The Body’s Way  <i>Janet Hollander, Moving Toward Health; Ken Gilbert, EmBODYment</i>	
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# Seminars at a glance

Friday, November 22, 2013

6:30 a.m.–8:30 a.m.	EARLY-MORNING WORKOUT	EARLY-MORNING WORKOUT	EARLY-MORNING WORKOUT
6:45 a.m.–8:15 a.m.		<p>■ <b>PDW, LI</b> Ageless athletes: Can you BEAT that?</p> <p><i>Barbara Fish, Heritage Community of Kalamazoo; Jennifer Dagati, Drum Beat University</i></p>	<p>■ <b>B, LI</b> Effectively create, implement and market your balance program</p> <p><i>Justin Margut and Sandy Reid, Bethany Village</i></p>
8:30 a.m.–10:00 a.m.	<p>■ <b>BF, L</b> Brain health fairs: bringing better cognitive fitness to your community</p> <p><i>Cynthia Green, Memory Arts, LLC</i></p>	<p>■ <b>R, L</b> Can't face another workday? You may have compassion fatigue</p> <p><i>James Huysman, WellMed Charitable Foundation</i></p>	<p>■ <b>MS, L</b> Beyond Woodstock: profitably engage the Web's most valuable consumers</p> <p><i>David Weigelt, Immersion Active</i></p>
10:15 a.m.–11:45 a.m.	<p>■ <b>R, L</b> Exercise as medicine: preserving function by functioning</p> <p><i>Mark Kelly, American Council on Exercise</i></p>	<p>■ <b>TW, L</b> Keep moving: from rehab to wellness</p> <p><i>Marge Coalman and Lori McCormick, Touchmark</i></p>	<p>■ <b>ML, L</b> Accountable Care—leveraging and showcasing your exercise and wellness programs</p> <p><i>Kay Van Norman, Brilliant Aging</i></p>
12:00 p.m.–1:00 p.m.	<p><b>KEYNOTE</b> <i>Earvin "Magic" Johnson</i></p>	<p><b>KEYNOTE</b> <i>Earvin "Magic" Johnson</i></p>	<p><b>KEYNOTE</b> <i>Earvin "Magic" Johnson</i></p>
1:00 p.m.–5:00 p.m.	<p><b>TRADE SHOW</b></p>	<p><b>TRADE SHOW</b></p>	<p><b>TRADE SHOW</b></p>
4:00 p.m.–5:30 p.m.	<p>■ <b>PDW, L</b> Transforming the expressive arts: wellness, team-building, marketing and fundraising</p> <p><i>Rita Lopienski, Plymouth Place Senior Living</i></p>	<p>■ <b>R, L</b> How to connect optimally with age 50+ adults and promote behavior change for healthy, fit and happy living</p> <p><i>Michael Mantell, American Council on Exercise</i></p>	<p>■ <b>ML, L</b> Appreciative Inquiry 101</p> <p><i>Cindy Bradshaw, National Certification Council for Activity Professionals (NCCAP)</i></p>
6:00 p.m.–7:00 p.m.	<p><b>POSTER SESSION</b> <i>Multiple presenters</i></p>	<p><b>POSTER SESSION</b> <i>Multiple presenters</i></p>	<p><b>POSTER SESSION</b> <i>Multiple presenters</i></p>
6:30 p.m.–8:30 p.m.	<p><b>ICAA NETWORKING RECEPTION</b> Omni San Diego Hotel</p>	<p><b>ICAA NETWORKING RECEPTION</b> Omni San Diego Hotel</p>	<p><b>ICAA NETWORKING RECEPTION</b> Omni San Diego Hotel</p>

<b>COLOR KEY FOR TOPIC AREAS</b>	 B	Balance	 OP	Outdoor programs	<b>L Lecture</b> <b>LI Lecture/Interactive</b>
	 BF	Brain fitness	 PDW	Program design for wellness	
	 ML	Management and leadership	 R	Research	
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<b>EARLY-MORNING WORKOUT</b>	<b>EARLY-MORNING WORKOUT</b>	<b>EARLY-MORNING WORKOUT</b>	<b>EARLY-MORNING WORKOUT</b>
 <b>PDW, L</b> Creating innovative wellness programming throughout the continuum of care  <i>Gina Formica and Jennifer Conway, Liberty Lutheran</i>	 <b>PDW, L</b> Innovative ideas from proven programs  <i>Patricia Ryan, International Council on Active Aging</i>	 <b>PDW, LI</b> Transforming and improving physical function with frail elders  <i>Betsy Best-Martini, Recreation Consultation</i>	 <b>OP, LI</b> Take your brain for a walk  <i>Peggy Buchanan, Vista del Monte</i>
 <b>PDW, L</b> SEXcessful aging: sex, intimacy and aging  <i>Rebecca Chaplin, Land-of-Sky Regional Council, Area Agency on Aging</i>	 <b>PDW, LI</b> BOSU mobility and stability for the active aging  <i>Lawrence Biscontini, FG2000; Bernadette O'Brien, YMCA Wayne, New Jersey</i>	 <b>PDW, LI</b> Off the rocker: movement that motivates!  <i>Cammy Dennis and Jessica Pinkowski, On Top of the World Communities, Inc.</i>	 <b>OP, LI</b> WALK for life: walk more=live better  <i>Jolene Moore, Covenant Retirement Communities</i>
<b>KEYNOTE</b> <i>Earvin "Magic" Johnson</i>	<b>KEYNOTE</b> <i>Earvin "Magic" Johnson</i>	<b>KEYNOTE</b> <i>Earvin "Magic" Johnson</i>	<b>KEYNOTE</b> <i>Earvin "Magic" Johnson</i>
<b>TRADE SHOW</b>	<b>TRADE SHOW</b>	<b>TRADE SHOW</b>	<b>TRADE SHOW</b>
 <b>ML, L</b> Leveraging the wellness-rehabilitation partnership for enhanced outcomes  <i>Denise Durham, Select Rehabilitation, Inc.</i>	 <b>PDW/LI</b> Core stability for a healthy back for all levels of function  <i>Maureen Hagan, GoodLife Fitness</i>	 <b>BF, L</b> Brain boosters  <i>Terry Eckmann, Minot State University</i>	
<b>POSTER SESSION</b> <i>Multiple presenters</i>	<b>POSTER SESSION</b> <i>Multiple presenters</i>	<b>POSTER SESSION</b> <i>Multiple presenters</i>	<b>POSTER SESSION</b> <i>Multiple presenters</i>
<b>ICAA NETWORKING RECEPTION</b> Omni San Diego Hotel	<b>ICAA NETWORKING RECEPTION</b> Omni San Diego Hotel	<b>ICAA NETWORKING RECEPTION</b> Omni San Diego Hotel	<b>ICAA NETWORKING RECEPTION</b> Omni San Diego Hotel

# Seminars at a glance

Saturday, November 23, 2013

<p>6:45 a.m.– 8:15 a.m.</p>		<p>■ <b>PDW, LI</b> Conductorcise: a fresh, always new, joyous brain and body stimulator</p> <p><i>David Dworkin, Conductorcise</i></p>			
<p>8:30 a.m.– 10:00 a.m.</p>	<p>■ <b>ML, L</b> Senior centers: alive, well and ready for the future</p> <p><i>Luanne Whitmarsh, Kerby Centre</i></p>	<p>■ <b>PDW, LI</b> Mudras, music and meditation</p> <p><i>Lawrence Biscontini, FG2000</i></p>	<p>■ <b>PDW, L</b> Aquatics benefits people with Parkinson's disease</p> <p><i>Christine Shidla, Summit Place Senior Campus; Cathy Maloney- Hills, Courage Center</i></p>	<p>■ <b>PDW, LI</b> Joy dance</p> <p><i>Terry Eckmann, Minot State University</i></p> <hr/> <p>■ <b>B, LI</b> Exercises to remain safe on your feet</p> <p><i>Cindy Kozacek, Healthways/ SilverSneakers</i></p>	<p>■ <b>PDW, LI</b> Preserving function in frail adults</p> <p><i>Cammy Dennis and Jessica Pinkowski, On Top of the World Communities, Inc.</i></p>
<p>10:15 a.m.– 11:45 a.m.</p>	<p>■ <b>TW, L</b> Inspiring participation through engaging programs and challenges</p> <p><i>Lauren Kriz, RehabCare</i></p>	<p>■ <b>ML, L</b> Placing a value on your worth</p> <p><i>Cindy Bradshaw, National Certification Council for Activity Professionals (NCCAP)</i></p>	<p>■ <b>PDW, L</b> R3: Reenergize, revamp, restructure your wellness programming</p> <p><i>Jackie Halbin, Lakeview Village</i></p>	<p>■ <b>PDW, LI</b> Functional fitness solutions</p> <p><i>Debra Atkinson, Voice for Fitness</i></p>	<p>■ <b>PDW, LI</b> Ten moves that we lose: keep them and dodge disability</p> <p><i>Patricia VanGalen, Excellence In Conditioning</i></p>

*This schedule is subject to change.*

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